Good News For Homemakers

Low-calorie candy not on the market

By SHIRLEY W. WALTON
Extension Agent

New Candies Still Have Calories

Those persons hunting for a low-calorie candy with lots of chocolate flavor that is good for health is apt to be disappointed. The candy industry would like for you to think that there is such a wonder on the market. They have introduced Carob as a "healthy" substitute for chocolate.

Carob, a powder produced by grinding the pod-like fruit of the carob tree, is free of caffeine, but certainly is not calorie free. Although carob has less fat than chocolate, manufacturers often add large amounts of palm kernel oil, which is a highly saturated fat.This is usually done during the candy-making process.

Candy makers, also, use Turbinado sugar, fructose, brown sugar and corn syrup or honey. These forms of sugar are just as bad for tooth decay as regular white sugar.

The high protein claims for candy bars usually means they have soy products in them. Those of you who are allergic to legumes and have to watch for soy products in food should beware of this kind of candy bar.

Yogurt coated bars often contain more brown sugar and oils than yogurt powder. The coating that is put on the candy bar is much too thin to supply the calcium and other nutrients found in yogurt.

Sesame snaps are made adding sweeteners such as sugar, corn syrup or honey and fat to sesame seeds that are already high in fat.

Calorie counters should not be lulled into a false sense of security or think they can avoid guilt feelings by substituting the so-called "health" candies. Most of these health type candies are real caloric rip-offs and, also, cost "an arm and a leg."

A wise decision would be to substitute good, fresh, nutritious, delicious fruit for the so-called health type candies.

If you have a homemaking question or problem, you may call 352-8244 or write P.O. Box 488, Appomattox, VA 24522.

Have a good week!

RECIPE OF THE WEEK
Raisin Chewy Bars

1 c. seedless raisins
1 egg
1 c. brown sugar
⅓ c. melted shortening
1 t. grated orange rind or ½ t. orange flavoring
1 cup sifted flour
½ t. salt
½ t. baking powder

Rinse and drain raisins. Beat eggs lightly. Stir in sugar, cooled shortening, and orange rind. Sift flour, salt, and baking powder; blend into sugar mixture. Stir in raisings. Spread in greased 8" square pan. Bake at 350° for about 30 minutes. Cool in pan. Cut into 16 squares.

Thanks to Anthony Thomas, a student at Buckingham Senior High School. This was a blue ribbon bar cookie in the Buckingham Farm Show.

Con$umer ene Note$

By OCIE M. MACK
Extension Agent

The Appomattox County Extension staff, along with staff members in 19 other Extension units in the East Central District, is participating in the Holiday Lake 4-H Educational Center Fund Raising Project by selling tickets on the following three prizes:

1st Prize - 1984 Red Chevette, 2 door
2nd Prize - G. E. Microwave Oven
3rd Prize - Ten-speed Bike (Girl or Boy)

The price is $1.00 per ticket or $10.00 per book of twelve.

The purpose of this project is to secure funds to be used in the renovation of the existing facilities and development of new facilities at the Holiday Lake 4-H Educational Center. Drawing for the prizes will be held on Tues., Dec. 20, 1983. One does not have to be present to win.

Extension would appreciate community support of this project by securing tickets from one of the following members of the Appomattox County 4-H Educational Center Fund Raising Committee: Mrs. Mary Lou Harrison, Mrs. Harriett James, Mrs. Tawanna Lee, Darrell Conner, Mr. Scott Dawson, Mr. Mike Hancock, Mr. Jim Nolen and Dr. Ken Powell or at one of the following places: District Extension Office (next door to the Post Office), County Extension Office (next door to Dept. of Social Services, Moses Motor Company, Inc., Appomattox Hardware Co., Inc., Sears Catalogue Merchants (Triangle Plaza), Jim Nolen Associates, Inc. (Triangle Plaza, Lower Level).

The 1984 Chevette and G.E. Microwave Oven will be on display and tickets will be sold during Railroad Festival on Oct. 8 and 9.

Volunteers are needed

An estimated 17,200 Virginia residents will learn that they have cancer this year. Because of advances in medical research, there will be cures for many. Getting to the cures, however, may be a problem.

One cancer patient requiring radiation therapy could need anywhere from 20 to 30 trips in six weeks; a patient receiving chemotherapy might report for treatment weekly for up to a year.

Road to Recovery is a program which enlists volunteers to drive patients to treatment centers and home again. The Virginia Division and Local Units of the American Cancer Society are trying to recruit more volunteers to insure that all patients have transportation when they need it.

Road to Recovery volunteers arrange their own schedules, with some volunteering as little as one afternoon a month and others driving patients as often as twice a week.

For additional information about the Road to Recovery Program, or to become a volunteer, call your local Cancer Society office or the toll-free number, 1-800-552-7996.

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Regular $33.00 to $38.00
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HOURS: MON.-SAT.—10-6 OPEN FRIDAY 'TIL 8 P.M.

MRS. GRACE MINER has been elected president of 1984-85 Appomattox County Extension Homemakers Council. She attended the fall State Leadership Conference in Blackstone Sept. 27 through 29. Grace will be taking over as president on January 1, 1984. She gained leadership skills which will aid her in assuming her responsibilities. (Photo by Frances Abbitt)

Anderson elected local farm bureau president

The Appomattox County Farm Bureau re-elected Edwin Anderson County President for 1984 at its annual meeting Oct. 1, at Appomattox County High School.

More than 185 members attended the meeting to elect officers, and adopt resolutions of local, state, and national interest.

Other officer elected was John Hix, vice-president. Edwin Anderson is a registered Angus breeder farmer in Cloverhill district of the county.

Ben Wilkerson of Virginia Farm Bureau staff was the principal speaker. He commented on the legislative success of Farm Bureau.

Appomattox County Farm Bureau members approved six resolutions.

Members expressed concern over low level nuclear dump sites.

The following Board of Directors were elected for the coming year: Danny Hix - Cloverhill district, M. Earl Harris-Southside district, and W. Richard Krantz-Stonewall district.

The membership elected four delegates to attend the state convention to be held in Williamsburg, Nov. 28-Dec. 1. They are Edwin Anderson, LeeAnne Anderson, Marvin Glover and John Hix.

Commenting on the past year, President Anderson told Farm Bureau members that their membership increased to 668 members an increase of 95 members.

Class of '64 plans reunion

Members of the class of 1964 are making plans for their 20th class reunion. An organizational meeting will be held on October 18 at 7:30 at the home of Tommie Moore (across from Middle School.)

If you cannot attend this meeting but have ideas, please call Linda Seay at 352-7817 or Tommie Moore at 392-8946.

FRCC ladies begin aerobics

Aerobics classes for FRCC Ladies Association will start Tues., Oct. 4 and continue each Tuesday at 7:15 p.m. at the club. All the ladies of the club are invited to join the association. For more information call Ann Kerr 352-7778 or the Club 352-7037.

NUTRI - SYSTEM
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We Will Be At The Clothesline At Triangle Plaza on Thursday, October 6 From 7—9:30 P.M.

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Photo by Shearer Robertson
Mrs. Raymond Keith Coleman

Thomas, Coleman wed

The lawn of the Peers House at the Appomattox Historical Park was the setting of the September 24 wedding of Seresa Fay Thomas and Raymond Keith Coleman. The Rev. David Torrence, cousin of the groom, officiated in the double ring ceremony.

A brass archway, decorated with greenery and satin streamers, and potted ferns served as the altar area for the exchange of vows.

The bride is the daughter of B.F. Thomas of Gallatin, Tennessee, and Erelene Thomas of Crossville, Tennessee. The bridegroom is the son of Mr. and Mrs. Abbitt Coleman of Appomattox.

Kay Heffington of Gallatin, Tennessee, niece of the bride, was the junior bridesmaid.

Abbitt Coleman, of Appomattox, the bridegroom's father, was best man. Arthur L. Morris of Appomattox, the bridegroom's brother-in-law, was usher.

Flower girl was Jaime Danielle Brady, of Gallatin, Tennessee, niece of the bride. Ringbearer was Adam Lee Morris of Appomattox, nephew of the bridegroom.

The bride, given in marriage by her parents, wore an ivory challis gown from the Gunne Sax bridal collection. The bodice of the dress was accented with embroidery. A high-necked, long-sleeved French lace jacket trimmed with pearl buttons topped the dress. As a headpiece, the bride chose a halo of ivory silk flowers with satin ribbon streamers. She carried a cascade bouquet of white roses and baby's breath.

The mother of the bride wore a long-sleeved burgundy street-length dress with a lace inset at the neckline.

The mother of the groom wore a long-sleeved cream-colored street-length dress accented with rose and yellow flowers. Both mothers wore gardenia shoulder corsages.

The honor attendant wore a dusty rose taffetta gown. The junior bridesmaid and flower girl wore dusty rose print dresses with ivory pinafores. To accent the color scheme of the wedding, the groom and his attendants were fawn brown tuxedos.

Mrs. Charlene Lawson was the soloist and sang "The Wedding Song" and "Surround Me With Love". Ms. Debbie Rush accompanied on organ and guitar. Mrs. Shelly Bryant attended the guest register.

Following the ceremony, Mr. and Mrs. Abbitt Coleman, the groom's parents, were hosts for the reception, entertaining on the lawn of the newlywed's home. The newlyweds were driven to the reception site by Mr. Kermit Paulette of Evergreen, in a horse-drawn carriage. The reception table was decorated with a rose-colored floral arrangement and hurricane lamps.

Mrs. Margie Reider directed the wedding; Mrs. Dot Davidson directed the reception. Serving the cake were Catherine Robertson and Annie Ellett, aunts of the groom. Serving the punch were Nelwyn Morris, sister of the groom, and Pearl Hamilton. Assisting with the reception were Betty Craft and Shelly Bryant.

The bride is employed by Moses Motor Company in Appomattox. The bridegroom is employed by his father as farm manager of Cedar Lane Dairy. After a honeymoon trip to the mountains, the couple will make their home in Appomattox.

Coles announce birth

Mr. and Mrs. Johnny Cole are proud to announce the birth of their daughter, Emily Anna, born on September 19, 1983.

Maternal grandparents are Mr. and Mrs. Robert M. Honeycutt.

Paternal grandparents are Mr. and Mrs. John C. Cole. Paternal great-grandmother is Mrs. Ben C. Cole.

Watsons announce birth

Mr. and Mrs. Stewart A. Watson are proud to announce the birth of their son, Jonathan Ashley, born September 20, 1983. He weighed nine pounds and eight ounces. They have another son, Michael, age 4.

Maternal grandmother is Mrs. Thelma Almond.

Paternal grandparents are Mr. and Mrs. Thomas C. Watson.

Great grandparents include Mrs. Maude Martin, Mrs. Ava Almond, Mrs. Lola Glover and Mr. Lawson Lucado.

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Garden club sponsors musical revue

The Appomattox Garden Club met Monday, Sept. 26, at St. Anne's Parish House with Mrs. Ruth Webb, president of the club, presiding.

One very important item of business was the decision of the club to sponsor the Barter Theater's production of TINTYPES, a musical revue. The play will be presented in Appomattox County High School auditorium on April 6, 1984.

Three new members were taken into the club: Mrs. Cheryl Dawson, Mrs. Sandra White and Mrs. Janette Spahr.

A special guest was Miss Masako Seki of Tokyo, Japan, who is visiting in the home of Miss Claudine O'Brien. Miss Seki exhibited two Japanese flower arrangements.

A slide presentation of the June Rose show was given by Mrs. Ruby Moses.

The next meeting of the club will be October 24 with a special emphasis on Thanksgiving.

Concord club holds meeting

On Labor Day, Sept. 5, the Concord Chapter of Young Homemakers held their September meeting at the Bethlehem United Methodist Church pavillion. The meeting was preceded by a family covered-dish picnic. Mrs. Dale Hampton gave a program on huma organ donations, "The Living Bank".

The South Central Area Young Homemakers Planning Meeting was held on Thurs., Sept. 22, at the Western Steer in Lynchburg.

Mrs. Jean Goad, the South Central Area Supervisor, attended the meeting. There was an election of new South Central Area officers. Mrs. Helen Franklin, vice president of the Concord chapter, was elected president of the South Central Young Homemakers. The Concord Chapter will be hosting the South Central Area banquet on November 18.

On Saturday, September 24, the Concord Young Homemakers had a successful fund-raising bake sale at the Village Market in Concord.

The next scheduled meeting of the Concord Chapter of Young Homemakers will be Monday, October 3. There will be a short business meeting at 7:30 p.m. at the Bethlehem United Methodist Church with a flower arranging demonstration following at 8 p.m. at Kay's Flower Shop.

Oregon visitors here

Ms. Marianne R. Herncall and Mr. Timothy Lee Ferlaak of Portland, Oregon, were recent house guests of Ms. Alice H. Folks. Ms. Herncall was born in Appomattox County, the daughter of Mr. Victor R. Herncall and Mrs. Olive Patrick Herncall.

During their stay in Virginia, Ms. Herncall and Mr. Ferlaak visited Natural Bridge, the Cyrus McCormick Farm, Blue Ridge Parkway and Peaks of Otter, Monticello, Lynchburg Kaleidoscope, Appomattox County and the Surrender Grounds.

On Saturday evening, Mr. and Mrs. M. A. Herncall, Mrs. Lila B. Herncall and Mrs. Folks entertained with a cookout. Other guests present included Mr. and Mrs. Percy F. Staton of Lynchburg, Mr. and Mrs. Dan W. Herncall, Chip Herncall, Britt Herncall, Mr. and Mrs. James C. Sefter, Meg Sefter, Andrew Sefter, Mr. and Mrs. Ronald L. Inge, Candace Inge, Mr. J. Leslie Gordon, Jr., Miss Claudia A. Gordon, Mr. and Mrs. G. P. Beasley, Jr. and Mr. Ralph Barlow, Appomattox.

Social Notes

Mr. and Mrs. Robert Craddock, of Virginia Beach, spent Friday night with Mrs. Edna Anderson.

Rehearsal party honors couple

Mr. and Mrs. Raymond B. Page entertained with an after rehearsal party on Friday night, Sept. 23 in the home of Mr. and Mrs. Ralph W. Robinson in honor of Laura Ann Carter and their son, Timothy Wayne Page.

Among those attending were members of the wedding party and out of town guests.

The Carter-Page wedding was an event of Saturday, Sept. 24 at New Hope Baptist Church.

Oakville club slates luncheon

The Oakville Home and Garden Club will have a luncheon meeting on Tuesday, Oct. 11 at the Oakville school building beginning at 11 a.m.

Mrs. Nellie Beale, program leader, will discuss Casserole Dishes. Each member is asked to bring her favorite casserole.

Hostesses for the meeting are Mrs. Ernestine Beale, Mrs. Nellie Beale, and Mrs. Blanche Phelps.

All members are urged to attend.

Celebrates 50th anniversary

Mr. and Mrs. Herman Carter of Appomattox, were honored recently at their home with a reception in celebration of their 50th wedding anniversary.

Hosts for the occasion were their children. Mr. and Mrs. Carter were married on Sept. 23, 1933. They have 11 grandchildren and 12 great grandchildren.

Oakville club sets meeting

Oakville Extension Homemakers Club will meet Thursday, Oct. 6, at 1:30 p.m. at the Oakville School. Anyone interested in joining may call the president, Geraldine Marshall, at 352-8093.

This meeting is open to all people regardless of race, color, creed or age.

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Crystal Lynn Fields

Miss Fields engaged

Mr. and Mrs. Haven M. Fields proudly announce the engagement of their daughter, Crystal Lynn, to Howard Robert Stanley of Buckingham, the son of Howard Sidney Stanley of Appomattox and Janie Lee Stanley of Texas.

No date has been set for the wedding.

Shower honors Miss Carter

Miss Laura Ann Carter was honored with a miscellaneous bridal shower on Friday, Sept. 16 in the home of the hostess, Mrs. Harriette Robinson.

The bride-elect was presented with a silk flower corsage of pink and white accented with tiny spoons.

Among friends and relatives attending was Mrs. Raymond Page, mother of the bridegroom.

The Carter-Page wedding was an event of Saturday, Sept. 24 at New Hope Baptist Church.

Bloodmobile visit set Oct. 18

The Bloodmobile will be at Liberty Baptist Church on Tuesday, October 18 from 12 noon until 6 p.m. for a regularly scheduled visit.

"We need to make our quota of 110 units," commented Mrs. Alice Martin, Chairman of the Appomattox County Blood Services. "Blood use is up by a good 10 percent, and the supply is very, very low," she added.

"Please, all you regular donors and any first time donors, try to make a special effort to donate a unit of blood at this upcoming visit of the Bloodmobile," Martin concluded.

Hospital announces policy change

Lynchburg General-Marshall Lodge Hospitals has announced a policy change at its Guggenheimer division.

This division will continue to be operated as a non-profit, free-standing facility under the hospital corporation; however, its structure and operation will be similar to a for-profit nursing home.

The Guggenheimer division of the hospital has 110 beds and is located on Grace St. It provides intermediate and skilled care. This policy change is consistent with those made by other hospital-based nursing homes throughout the state.

The policy change is in response to drastic reductions in Medicaid reimbursement paid to the hospital by the state of Virginia. Since 90 percent of Guggenheimer patients receive Medicaid, these reductions in the hospital's income will have a severe impact.

Previously, the Guggenheimer division was treated as a hospital-based nursing home and received reimbursement for patient care at a higher rate than that of freestanding, profit-making facilities. This new rate is approximately $21.00 per patient per day below the hospital's actual cost of providing services.

According to Raymond E. Hogan, hospital president, "No business can afford to operate with income less than expenses, therefore we are reducing our expenses to bring them in line with our reimbursement."

Based on local and state-wide studies, personnel costs are the single largest area of difference between non-profit and for-profit facilities. For-profit nursing homes provide neither the level of the scope of benefits found at hospital-based nursing homes. "The revised Medicaid reimbursement has forced the adoption of a wage program comparable to that of for-profit nursing homes," Hogan said.

Guggenheimer employees face across the board wage reductions. The hospital supplied benefit package will remain the same. These adjustments will not take effect until January 1, 1984.

Hogan said, "We have considered every alternative and feel that this option best serves our employees and the community. This change is feasible, workable, manageable and desirable. In association with the admission criteria which will be applicable with the change in operations, we do not anticipate any reduction in the quality of patient care at the Guggenheimer division."

Historical society slates bake sale

The Appomattox County Historical Society will have a Bake Sale on Saturday, Oct. 8 on the parking lot by Marshall's Department Store.

The Appomattox County Historical Museum will be open to the public on Saturday, Oct. 8 from 1 p.m. until 5 p.m. and on Sunday, Oct. 9 from 2 p.m. until 5 p.m. This will be the last opportunity to visit the museum until it reopens in the spring.

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